



TOOLS TO LAUNCH: YEARS 3-4

Young people will go through many transitions between 0-25 years, a number of them occurring at school. The last few years has reminded us how important it is to have Families & Schools on the same page when it comes to supporting their Young Person.

As Grown ups our job is not to build a future for our children but to equip them with the tools they require to build a future of their own. A big chunk of this work happens between 0-10 years. This presentation is interactive, focuses on strengths, looks at strategies, age and developmental level appropriate & practices language that may be helpful for young people and their families.

The workshops are 60-90 mins in duration and delivered through a respectful relationships lens. Available as student and parent/carer workshops.

Topics:

- Building healthy & respectful relationships
- Supporting kids to ride the bumps
- Opportunities for rolemodelling
- Boundary setting & supporting emotional growth
- Respecting difference & making choices
- The role of technology
- Where to go when worry happens
- 'What's your plan?' tool

With:

LEIGH BARTLETT

This presentation is delivered by Leigh who has a background in education, wellbeing, sports coaching & has practiced the content on a few kids of her own. Leigh has presented many community workshops with Students, Families and Professionals.